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FOOD MAKES THE DIFFERENCE

Ideas for Families Using Donated Foods

TO HELP KEEP YOUR FAMILY WELL FED AND HEALTHY . . .

1. Try to have everyone eat **some** foods from **each** of these four groups every day.
 - **Milk** and foods made from milk.
 - **Meat** and poultry, fish, eggs, dry beans and peas, peanut butter.
 - **Vegetables and fruit.**
 - **Breads and cereals**, those that are whole grain or marked "enriched."

To do this, you will need to spread over the month the donated foods you get in small amounts—meats, poultry, eggs, cheese, vegetables, fruits and juices. For example, if you get four cans of juice a month, try to use one can each week, part one day and part the next day.

2. Try to give each person the number of helpings shown in "Daily Food Guide." To do this, you will need to **buy** some foods.

3. To round out meals, use—
 - Extra helpings of foods from these four groups, especially **donated** cereals and baked goods made from donated flour and cornmeal.
 - Other foods not in the groups.

LOOK FOR THESE MEAL AND SHOPPING IDEAS . . .

- Page 2 shows ideas for 1 week's meals using donated foods and some bought foods.
- Page 3 shows the kinds and amounts of foods used in the week's meals for a family of four.
- Page 4 lists foods that are usually good buys in each group—those you may want to choose from when you buy food.

The "Daily Food Guide" shows pictures of some thrifty choices from the four food groups on one side and amounts of foods to try to serve each day on the other side.



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ONE WEEK'S MEALS YOU MIGHT SERVE

| | MORNING | NOON | EVENING |
|---|--|--|--|
| S | Juice* Scrambled eggs* Potato cakes* Milk* for children | Cheese sandwiches* Peaches Hot cocoa* | Creamed chicken* Mashed potatoes* Green peas Biscuit* or cornbread* Apple pie* Milk* for children |
| M | Juice* Oatmeal or bulgur* Milk* Toast or bread | Peanut butter sandwiches* Celery Apple pie* Milk* | Rice with chicken and cheese casserole* Green beans Bread Peaches Milk* for children |
| T | Juice* Pancakes* Sirup* Milk* for children | Bean* or split pea soup* Celery Biscuit* or cornbread* Apple Milk* | Bean* or split pea soup* Canned meat patties* (made with potatoes) Greens Bread Peanut butter cookies* Milk* for children |
| W | Oatmeal* or cornmeal mush* Raisins* Milk* Toast or bread | Potato Salad Cheese toast* Peanut butter cookies* Milk* | Chopped meat* Greens Potato salad Biscuit* or cornbread* Apple Milk* for children |
| T | Oatmeal* or corn grits* Raisins* Milk* Biscuit* or cornbread* (leftover) | Bologna sandwiches Potato soup Banana Milk* | Baked beans* Cabbage-carrot salad Biscuit* or cornbread* Chocolate pudding Milk* for children |
| F | Oranges or juice Pancakes* Sirup* Milk* | Beans and cornbread* or Baked bean sandwiches* Rice pudding with raisins* Milk* | Fried fish or fishburgers Mashed potatoes* Cole slaw Bread Milk* for children |
| S | Oranges or juice Oatmeal* or corn grits* Milk* Toast or bread | Peanut butter sandwiches* Raw carrot Coffee cake* Milk* | Tomato-meat sauce on rice* Biscuit* or cornbread* Cooked prunes* Coffee cake* Milk* for children |

***USING DONATED FOODS.**

NOTE: Adults may want coffee or tea at two meals.

FOODS USED IN THIS WEEK'S MEALS

Amount for family of 4¹

MILK GROUP

| | |
|------------------|------------------|
| *Nonfat dry milk | 4 lbs. |
| *Cheese | 1½ lbs. |
| *Evaporated milk | Two 14½-oz. cans |

MEAT GROUP

| | |
|---|-----------------------|
| *Chopped meat | 1 can (1 lb., 14 oz.) |
| *Fowl | 1 can (3 lbs., 2 oz.) |
| Ground beef | 1 lb. |
| Bologna | ½ lb. |
| Fish fillet | 1 lb. |
| (or 1 can (1 lb.) salmon, herring, or mackerel) | |
| *Scrambled egg mix | 9 oz. |
| Eggs, fresh | 9 |
| *Dry beans ² | 2 lbs. |
| *Peanut butter | 1 lb. |
| *Dry split peas ² | ½ lb. |

BREAD-CEREAL GROUP

| | |
|---------------------------------|------------------------------------|
| *All-purpose flour ² | 5 lbs. |
| *Rolled oats ² | 1½ lbs. |
| *Cornmeal ² | 2½ lbs. |
| *Rice ² | 1½ lbs. |
| *Bulgur ² | ½ lb. |
| *Corn grits ² | ½ lb. |
| Enriched white bread | Six 1-lb. or four 1½-lb. loaves |

Amount for family of 4¹

VEGETABLE-FRUIT GROUP

| | |
|----------------|----------------|
| *Juice | 1 can (46 oz.) |
| *Tomatoes | 1 can (16 oz.) |
| *Potato flakes | 1 lb. |
| *Raisins | 1 lb. |
| *Dried prunes | ½ lb. |
| Apples | 3 lbs. |
| Bananas | 1 lb. |
| Oranges | 6 |
| Cabbage | 2 lbs. |
| Carrots | 1½ lbs. |
| Celery | 1 lb. |
| Greens | 2 lbs. |
| Onions | 1 lb. |
| Potatoes | 5 lbs. |
| Peaches | 1 can (29 oz.) |
| Green beans | 1 can (16 oz.) |
| Green peas | 1 can (16 oz.) |

OTHER FOODS

| | |
|----------------------------|---------|
| *Butter | 1¼ lbs. |
| *Lard | 1 lb. |
| Margarine | 1 lb. |
| Salad dressing | ½ pint |
| *Corn sirup | 1 pint |
| Sugar, granulated | 2¼ lbs. |
| Coffee | ⅔ lb. |
| Tea, cocoa, and seasonings | |

*Donated foods given out by USDA in summer 1969. Amounts used for the week are about one-fourth of the total amount that can be given to a family of four in a month.

¹ Father; mother; boy, 11 years; girl, 8 years.

² Less may be used, depending on foods served.

The U.S. Department of Agriculture gives out some foods from each of the four food groups. Amounts USDA can give are enough for each person to have each day:

- All the milk needed.
- About 1½ servings of meat, poultry, scrambled eggs, beans, peas, or peanut butter.
- About two ½-cup servings of vegetable (including potatoes) or fruit or juice.
- Enough cereals and flour for number of helpings shown in "Daily Food Guide" and extra amounts for big eaters.

ALL OF THESE FOODS MAY NOT BE GIVEN OUT IN YOUR STATE OR COMMUNITY.

CHOOSE FROM THESE FOODS MOST OF THE TIME ...

... when BUYING foods your family needs in addition to those donated. They are usually among the best buys in the food group. Use any other foods from the group that you produce at home, get free, or can buy for no more than the foods on the list.

MILK GROUP

- *Nonfat dry milk
- *Evaporated milk
- *Fluid milk
- *Cheese, processed
- Cottage cheese

MEAT GROUP

—Try to use in each day's meals—

1 or more helpings from these:

- *Dry beans
- *Dry peas
- Eggs
- *Peanut butter

1 small helping † of donated meat or poultry or other meat-group foods, such as:

- Hamburger
- Bologna
- Pork shoulder
- Frankfurters
- Liver (beef, Chicken
- pork, or lamb)
- Fish, many kinds

† To make meat go further, use in dishes with donated foods—rice, bulgur, potatoes, dry beans.

BREAD-CEREALS GROUP

Use enriched products when possible.

- White enriched bread
- Whole wheat bread
- Crackers
- *Flour
- *Cornmeal
- Farina
- *Oatmeal
- *Grits
- Some ready-to-eat cereals
- *Foods donated by USDA, summer 1969.
- *Rice
- Macaroni
- Spaghetti
- Noodles

VEGETABLE-FRUIT GROUP

—Try to use some of these at each meal for color, food value, and variety.

For important vitamins:

- Cabbage
- Carrots
- Potatoes
- Sauerkraut
- Pumpkin, canned
- Spinach, canned
- *Tomatoes, canned
- *Tomato juice, canned
- Oranges
- Grapefruit
- *Citrus juices, canned
- Citrus juices, frozen

For added variety:

- Celery
- Onions
- Turnips
- Beets, canned
- Corn, canned
- *Green beans, canned
- Apples
- Bananas
- Applesauce, canned
- Cling peaches, canned
- *Prunes, dried
- *Raisins, dried

NOTE:

At times, some fresh vegetables and fruits, such as greens, tomatoes, corn, and peaches may cost less than canned. Sometimes, berries and melons may be good buys, too.

OTHER FOODS

- *Lard
- Margarine
- Salad oil
- *Shortening
- Sugar
- *Corn sirup
- Jelly
- Applebutter
- Coffee
- Tea
- Cocoa
- Salt
- Pepper
- Other seasonings

FOODS LIKELY TO INCREASE YOUR FOOD COSTS:

Cream, ice cream, cream cheese, and specialty cheeses; many ready-prepared dishes; choice cuts of meats; cookies, cakes, pies, buns that are ready-made or ready-to-bake; snack foods, such as potato or corn or cheese chips or puffs; soft drinks; and especially ready-to-eat cereals in the individual size package.